

Full Report (All Nutrients) 01140, Egg, quail, whole, fresh, raw

Report Date: December 09, 2015 15:31 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products**Carbohydrate Factor: 3.68 Fat Factor: 9.02 Protein Factor: 4.36 Nitrogen to Protein Conversion Factor: 6.25****Refuse:8% Refuse Description: Shell**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 egg 9g
Proximates					
Water	g	74.35	2	--	6.69
Energy	kcal	158	--	--	14
Energy	kJ	663	--	--	60
Protein	g	13.05	2	--	1.17
Total lipid (fat)	g	11.09	6	0.243	1.00
Ash	g	1.10	2	--	0.10
Carbohydrate, by difference	g	0.41	--	--	0.04
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.40	--	--	0.04
Minerals					
Calcium, Ca	mg	64	2	--	6
Iron, Fe	mg	3.65	2	--	0.33
Magnesium, Mg	mg	13	--	--	1
Phosphorus, P	mg	226	2	--	20
Potassium, K	mg	132	--	--	12
Sodium, Na	mg	141	--	--	13
Zinc, Zn	mg	1.47	--	--	0.13
Copper, Cu	mg	0.062	--	--	0.006
Manganese, Mn	mg	0.038	--	--	0.003
Selenium, Se	µg	32.0	--	--	2.9
Vitamins					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 egg 9g
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.130	2	--	0.012
Riboflavin	mg	0.790	2	--	0.071
Niacin	mg	0.150	2	--	0.013
Pantothenic acid	mg	1.761	--	--	0.158
Vitamin B-6	mg	0.150	1	--	0.013
Folate, total	µg	66	--	--	6
Folic acid	µg	0	--	--	0
Folate, food	µg	66	--	--	6
Folate, DFE	µg	66	--	--	6
Choline, total	mg	263.4	--	--	23.7
Vitamin B-12	µg	1.58	--	--	0.14
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	156	--	--	14
Retinol	µg	155	--	--	14
Carotene, beta	µg	11	--	--	1
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	10	--	--	1
Vitamin A, IU	IU	543	--	--	49
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	369	--	--	33
Vitamin E (alpha-tocopherol)	mg	1.08	--	--	0.10
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	1.4	--	--	0.1
Vitamin D3 (cholecalciferol)	µg	1.4	--	--	0.1
Vitamin D	IU	55	--	--	5
Vitamin K (phylloquinone)	µg	0.3	--	--	0.0
Lipids					
Fatty acids, total saturated	g	3.557	--	--	0.320
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 egg 9g
12:0	g	0.000	--	--	0.000
14:0	g	0.053	6	0.007	0.005
16:0	g	2.666	8	0.076	0.240
18:0	g	0.838	8	0.053	0.075
Fatty acids, total monounsaturated	g	4.324	--	--	0.389
16:1 undifferentiated	g	0.473	8	0.051	0.043
18:1 undifferentiated	g	3.851	8	0.156	0.347
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	1.324	--	--	0.119
18:2 undifferentiated	g	0.940	8	0.081	0.085
18:3 undifferentiated	g	0.044	6	0.020	0.004
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.122	8	0.016	0.011
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	844	12	--	76
Amino Acids					
Tryptophan	g	0.209	--	--	0.019
Threonine	g	0.641	--	--	0.058
Isoleucine	g	0.816	--	--	0.073
Leucine	g	1.146	--	--	0.103
Lysine	g	0.881	--	--	0.079
Methionine	g	0.421	--	--	0.038
Cystine	g	0.311	--	--	0.028
Phenylalanine	g	0.737	--	--	0.066
Tyrosine	g	0.543	--	--	0.049
Valine	g	0.940	--	--	0.085
Arginine	g	0.835	--	--	0.075
Histidine	g	0.315	--	--	0.028
Alanine	g	0.762	--	--	0.069
Aspartic acid	g	1.294	--	--	0.116

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 egg 9g
Glutamic acid	g	1.662	--	--	0.150
Glycine	g	0.434	--	--	0.039
Proline	g	0.518	--	--	0.047
Serine	g	0.992	--	--	0.089
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0